

LAST NIGHT'S DREAMS

—WHAT THEY MEAN

(Copyright.)

DID YOU DREAM ABOUT SHEEP?

MOST dreams of rural life and country scenes appear to be regarded by the authorities of Dreamland as favorable omens. To dream of seeing a flock of sheep, for instance, is a very good indication for the future. To be surrounded by them increases the good luck and a flock of lambs foretells even more good luck than a flock of sheep. But just to gaze upon a flock of sheep feeding in the pastures of your dreams means that you will have success in life.

If you are unmarried and dream that you are watching the little lambs skip about, your sweetheart is faithful and of a good disposition. Also, if you are a man, the lady of your choice is inclined to say "Yes," if you will but pop the question. If you are married and see sheep or lambs in the visions of your slumbers you will have children who will acquire riches and be a great comfort to you. If you pick up a lamb and

carry it in your dreams you will be a lucky person indeed.

If a sailor dreams of sheep it means great luck and a safe and prosperous voyage to him. If you see yourself shearing sheep it is an indication that you will shortly make money by a business enterprise, though, according to some of the wisecracks, it means that you will have to struggle hard for this success. But it isn't good to see the sheep running away from you, for that indicates that some of your pretended friends are really trying to injure you. It is a warning to be on your guard. Also it is a bad sign to hear the lambs baa or to see them killed. If you see your flock of dream sheep lean and scraggy look out for your investments carefully if you would profit by them.

With the few exceptions noted the lambs and muttons of Dreamland are much to be desired and come far cheaper than in the markets of the world of actualities, the food profiteer not as yet having obtained a foothold in the realm of shadows.

SCHOOL DAYS



THE GIRL ON THE JOB

How to Succeed—How to Get Ahead—How to Make Good

By JESSIE ROBERTS

JOB AND YOUR HEALTH

IS A WOMAN as strong as a man? Given the same stature and weight, can she do equally hard work and not suffer for it?

Among many other matters that the war proved or disproved, this seems also to be settled—and settled in the negative. She can't!

Woman can do the same work, given a like training. But she breaks down under it where the man remains uninjured.

In France and England women for five years did the work of men. They have not stood up under the strain as men do. In England, physicians' reports show that of two thousand five hundred women examined in one industry, 42 per cent were found to be suffering from severe physical exhaustion or actual ill health, brought on by overwork. Yet men stood up under the same work without difficulty.

We are none of us likely to go into munition factories or to undertake heavy labor. But there is more in this than the fact that a woman ought not to attempt such feats. A girl who is looking about for a job ought to think of it in regard to herself—in regard to her health. The nervous and high-strung girl should not take up telephoning, for instance, nor should she go into a large and noisy office. She won't stand the strain.

A girl I knew who made a success of a small tea and lunch room got ambitious and took the whole house. She rented rooms and served a dinner as well as breakfast and lunch. She

gave good meals and good service, had a large force of assistants to manage, and in six months she broke down and had to go to a sanitarium.

What's the use? Your health is priceless. And once shaken, it isn't easy to get into good shape again. Look at your health as part of your capital, and conserve it. Never let your job borrow from that capital. There are times when you cannot control the thing, and when you do you must do the best you can and hope to get through with it. But most of us are just careless. It doesn't pay.

(Copyright.)

Mother's Cook Book

The common things of life are all so dear: The moon's soft rays that through the leaves do shine, The morning's sun on glistening waves so clear, The clouds of gorgeous hue, are mine and thine.

—Edith L. Farrell.

HOLIDAY GOOD THINGS.

As Christmas draws near we turn to the good old fashioned cakes and candies.

Gala Cake.

Cream one-half cupful of shortening, add one cupful of granulated sugar. Beat two egg yolks until light, add to them one-half cupful of sugar. Beat the egg and sugar mixture into the butter and sugar, and when thoroughly blended add one cupful of milk alternately with three cupfuls of flour, sifted with four teaspoonfuls of baking powder and one-half teaspoonful of salt. Beat well and fold in the stiffly beaten whites and pour into a single loaf cake pan, buttered and papered and bake thirty minutes. When cool, spread with

A Christmas Bowl.

Bake six greenings and three Baldwin's without removing the skins or cores. When tender add four quarts of boiling water, the thin yellow rind of three lemons and four oranges and two bay leaves. Let simmer twenty minutes then strain through a bag, pressing out the juice. Boil three cupfuls of sugar with a pint of water 20 minutes. Add to the liquid with one cupful of black tea infusion and set aside to become cold. Then add the fruit juices and a small bottle of maraschino cherries with the syrup. Let stand several hours before serving.

Corn Balls.

Put three tablespoonfuls of butter into a saucepan and when melted add

two cupfuls of molasses and two-thirds of a cupful of sugar. Stir until the sugar is dissolved. Boil until the mixture is brittle when dropped in cold water. Pour over six quarts of popped corn. Butter the fingers and shape into balls before it gets too cool.

Peanut Brittle.

Melt a cupful or more of sugar in a smooth frying pan stirring until a good brown; pour over a pan of peanuts and put to cool.

Nellie Maxwell
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THE WOODS

BY DOUGLAS MALLOCH

THE MYSTERY.

Heard a rustle in the brush
Only yesterday;
Heard a rustle in the hush,
Somethin' out of sight—
Jest a footfall on the ground,
Shakin' of a tree;
But we argued all around
What the thing could be.

Jack, the stable-boy, he said
Likely 'twas a colt—
Farmer's colt that got its head,
Broke its halter bolt.
Bill, the cookhouse flunkey, swore
'Twas a bear or cub
Huntin' round the cookhouse door
For a snack of grub.

Pete, who likes to hunt when fall
Comes around each year,
Said it wasn't that at all—
Thet it was a deer.
Frank, who drives the two-ox pair,
Said they made him laff,
Said their colt er deer er bear
Simply was a caff.

So they set an' argued
What the thing could be;
Ev'ry fellah took a side,
Had a theory.
Jack he chinned it with the chaps,
Bill with all the boys;
Mac, who's deaf, he said perhaps
There wasn't any noise.

What the rustle was about,
No one ever knew;
But one fact I figgered out
From that gabby crew:
People look with diff'rent eyes,
Hear with diff'rent ears;
That what closest to them lies
Ev'rything appears.

Ev'ry nation is the best
To the man from there,
Ev'ry state beats all the rest
When their sons compare.
Do you wonder at the lot
Of religious creeds?—
Each a special God has got
For his special needs.

Harp's an' music fer the gay,
Huntin' fer the red;
Athelists expect to stay
Permanently dead;
Streets of sapphire fer the Jew;
Fer the weary, rest—
Each, accordin' to his view,
Thinks his heaven best.

An' I'm puzzled, I admit,
Puzzled at the maze—
Heaven, you kin figger it
Forty-seven ways:
Heaven with a street of gold;
With a Jasper gate;
Heaven where the very old
Still must sit an' wait.

If there are so many there,
There beyond the blue,
Heavens round an' heavens square,
Gentle, Injun, Jew—
All thet I can do is trust,
Since they can't agree,
When I lay me "dust to dust"
There'll be one fer me.

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THE ROMANCE OF WORDS

"CIGAR."

A NUMBER of prominent etymologists, among them Littré, have endeavored to prove the word "cigar" is derived from the Spanish cigarra, meaning grasshopper, and that it was applied to the rolled leaves of tobacco by reason of their similarity in shape to the body of this insect. This explanation, while ingenious, hardly fits the facts in the case, for when tobacco was first introduced into Spain from Cuba, it was grown in gardens or cigarales, as the Spaniards call them.

The wealthier Spaniards had a fad of raising tobacco in their cigarales and making their own cigars, which they would proffer with the explanation "Es de mi cigarra!" ("It is from my garden") as proof that the tobacco was wholesome and home-grown. Before long the expression changed to "Este cigarro es de mi cigarra," which might be literally translated, "This garden product from my garden," and it was from this that the word "cigar" originated.

However, in the final analysis, the grasshopper does have something to do with it—for the Spanish "cigarra" or "carden" is so-called because it is the place where the grasshopper ("cigarra") resides.

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The Kitchen Cabinet

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As Summer's handmaid, faring homeward late,
Set down her burden at the palace gate,
Came Autumn, dallying along the road,
Snatched up the basket with its priceless load
And, at a sudden whim, about the land
Tossed gold and jewels with a reckless hand.

—Harriet Whitnet Symonds.

SANDWICHES.

The variety of bewildering sandwiches which are being brought to our notice are good and some of them are super-good. The time-honored ham sandwich, which you could bite, is not now the sandwich which is so popular. The ham sandwich of the day is thin and pink as to ham and the bread cut like a wafer and spread with the best of butter.

The open sandwiches, so-called because they are but one piece of bread, are especially attractive and may be cut in circles, diamonds, crescents or any form desired, then the filling placed on top and pretty little designs of olives, nuts and various vegetables and sweets may decorate them.

Nuts make excellent sandwich fillers. English walnuts or peanuts chopped not too fine and mixed with thick cream well salted are particularly good when made of entire wheat bread. Chopped nuts and chopped celery are well liked. Chopped blanched, salted almonds and a little cream to spread or blanched almonds chopped and mixed with cream and maple sugar, grated, makes a good sandwich.

Cold-boiled tongue makes very nice sandwich filling. Chop the tongue, add a little sweet cream, melted butter and mustard. Stir until smooth and spread on white buttered bread.

For a sustaining sandwich eggs make a good filling. Cook the eggs in 'he shell until hard, remove the yolks and mash them with creamed butter, or salad dressing. If an open sandwich is made, use the whites finely chopped to garnish by putting a border of the chopped whites around the sandwich. For those whose digestion will stand for it, a fried egg sandwich is tasty. Cheese sandwiches are of the sustaining variety. They may be made in a variety of ways and with a variety of cheeses, so that each may have his favorite brand.

A thin slice of cheese placed between buttered bread is the simplest. Grated cheese mixed with cream and different seasonings is a little more dainty. For sweet sandwiches at afternoon teas the open sandwich with jelly and nuts makes a good variety.

"If you would know the flavor of a pie The juicy smell, the spice, the test, You must be patient till the fiery core is cool Then bite a little deeper than the crust."

"If you would know the flavor of a man God's mud-pie made of Eden's dew And dust Be patient till love's fire hath warmed him through And look a little deeper than the crust."

SEASONABLE GOOD THINGS.

The following is another new way of serving chicken, which is worth while adding to one's recipes:

Chicken, Mississippi Style.—Pass through a meat chopper one-quarter of a pound each of veal and fresh pork, half a green pepper and two branches of parsley; add a teaspoonful of scraped onion and a teaspoonful of Worcester-shire sauce, half a teaspoonful of salt and one-quarter of a teaspoonful of paprika; mix thoroughly and use to stuff the chicken. Put to cook in a moderate oven so that the veal and pork will be cooked before the chicken is browned enough for serving. Baste with hot salt pork fat every ten minutes and cook nearly two hours. Serve with sweet potatoes or rice.

Best Cake.—Beat three-quarters of a cupful of butter to a cream; gradually beat in one and one-quarter cupfuls of sugar, the beaten yolks of four eggs, half a cupful of cold water, two and one-half cupfuls of flour, sifted with three teaspoonfuls of baking powder and, lastly, the whites of four eggs, beaten dry. Bake in two layers. Put the layers together with coffee filling and cover with maple frosting and nut meats.

Scalloped Chicken and Cornlet.—Use the remnants of chicken from a roast or boiled fowl. Free the meat from the skin and bones. For each cupful of meat take one cupful of fresh corn pulp or of cornlet and one of cream sauce. Mix the chicken with the sauce and a layer of the cornlet. Cover with buttered crumbs and cook ten minutes, or until well heated through and the crumbs well browned.

The Three P's.—Take a cupful each of peas and peanuts and one-half cupful of finely minced sour pickles. Mix well and serve with a mayonnaise dressing on lettuce.

Nellie Maxwell

A Feeling of Security

You naturally feel secure when you know that the medicine you are about to take is absolutely pure and contains no harmful or habit producing drugs.

Such a medicine is Dr. Kilmer's Swamp-Root, kidney, liver and bladder remedy. The same standard of purity, strength and excellence is maintained in every bottle of Swamp-Root.

It is scientifically compounded from vegetable herbs. It is not a stimulant and is taken in teaspoonful doses.

It is not recommended for everything. It is nature's great helper in relieving and overcoming kidney, liver and bladder troubles.

A sworn statement of purity is with every bottle of Dr. Kilmer's Swamp-Root.

If you need a medicine, you should have the best. On sale at all drug stores in bottles of two sizes, medium and large. However, if you wish first to try this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

One Thing, Anyhow.

Teacher—Now, who can tell just what is meant by the saying: "All men are created equal?" We all know that some of us are born with wealth and many other advantages not shared by all.

"We are all created with an equal need for clothes," suggested Johnny.

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it Bears the Signature of *W. C. Little* In Use for Over 30 Years. Children Cry for Fletcher's Castoria

His Feelings Expressed.

"I understand, Lucinda, that Bill is very fond of his wife."
"Deed he am dat, Mis' Jones. He jes' analyzes her."

AFTER Thanksgiving Dinner



The Funny Man.

Jones met his friend Stimson in the street the other night.

"Hallo, old fellow!" he exclaimed.

"How are you getting on?"

"Pretty well, thank you," answered Stimson; "but," he continued, "I've something to say to you—you'll have to keep your eye open next week."

"How is that?" queried Jones.

"Because you won't be able to see if you don't," and before Jones could kick him he was out of sight.—Edinburgh Scotsman.

Catarrh

Catarrh is a local disease greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE is a Tonic and Blood Purifier. By cleansing the blood and building up the system, HALL'S CATARRH MEDICINE restores normal conditions and allows Nature to do its work.

All Druggists. Circulars free.

F. J. Cheney & Co., Toledo, Ohio.

What They Needed.

Owning a car these days isn't the happiest of things. At any rate, so the man told us. He was standing where many cars passed. And he dropped a card into each car. The card read, "We buy for immediate cash, diamonds, jewelry and precious stones." We asked why he distributed the cards to automobile owners. "Because they need money to run their cars. That's my experience."—New York Globe.

WARNING

Unless you see the name "Bayer" on tablets, you are not getting genuine Aspirin prescribed by physicians for 21 years, and proved safe by millions.—Say "Bayer"!



SAFETY FIRST! Accept only an "unbroken package" of genuine "Bayer Tablets of Aspirin," which contains proper directions for Headache, Earache, Toothache, Neuralgia, Colds, Rheumatism, Neuritis, Lumbago, and pain generally. Strictly American!

Handy tin boxes of 12 tablets cost but a few cents—Larger packages. Aspirin is the trade mark of Bayer Manufacture of Monacetylacetic acid of Salicylic acid

TREE HAS "CANDY" FLOWERS KING HAS SUPREME POWER

Indian Product That Rivals the "Gingerbread House" of the Remembered Fairy Tales.

But There Are Reasons Why British Monarch Does Not Exercise His Royal Prerogative.

We have all read the story of the "gingerbread house" in the fairy tales. Well, there is a family of trees in India that have "candy" flowers, or the next thing to it. These trees are known as the "Bassia" trees, and of the three important kinds, two have sugary flowers and the third is called the "Indian butter tree." The petals of the flowers are rich in sugar and drop from the tree in the early morning. They are picked up by the women and children and are spread out on mats to dry in the sun. A single tree will furnish 300 pounds of flowers in a year. When fresh the flowers are very sweet and taste much like figs. They are eaten fresh or cooked with rice, shredded coconut, or flour. The seeds of the butter tree are full of oil, and this oil is used to make a kind of butter, and also for soap and candles.—Popular Mechanics Magazine.

Infant Marvel.

Carter—My baby is certainly bright for a six-months-old infant.

Parker—How is that?

Carter—I took the wife and him to the movies the other night and he started to cry in the saddest part of the picture.—Film Fun.

The Proverb Refuted.

"My husband's a doctor."
"Has he practiced long?"
"Yes, but it hasn't made him perfect."—Boston Transcript.

Grape-Nuts

The Cereal That Needs No Sugar

Healthful, substantial and full of sturdy nourishment. A food of delightful flavor, eatable to the last atom.

Sold by grocers everywhere!



They say that business is the salt of life, well—that's all RIGHT But there is such a thing as OVER-SEASONING A MITE!